

Did you know?

MyPlate

(www.choosemyplate.gov)

encourages school-age children to make at least half their plate fresh fruits and vegetables.

The Fresh Fruit and Vegetable Program available in your school provides an excellent opportunity for your kids to meet the suggested servings during their school day. Fruits and vegetables served in their most "whole" or "natural" forms are the most nutritious.

Easy ways to include fruits and vegetables into your day:

- Start the day by adding bananas or strawberries to breakfast cereal.
- Include plenty of vegetables on sandwiches.
- Encourage your child to choose fruits and vegetables offered as part of the school lunch program.
- Use fruits in salads and smoothies.
- Offer apples or carrots as an after-school snack.
- Have your child help you chop peppers, lettuce, onions, and tomatoes as taco toppings for supper.
- Top off the day with a delicious plum or pear.

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FRESH

**FRUIT &
VEGETABLE**

PROGRAM



The Fresh Fruit and Vegetable Program in Your School!

**Information
for Parents**

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Distributed by:
**Montana
Office of Public Instruction**
Denise Juneau, State Superintendent

Your school participates in the Fresh Fruit and Vegetable Program!

What is the Fresh Fruit and Vegetable Program?

The United States Department of Agriculture's (USDA) Fresh Fruit and Vegetable Program make fruits and vegetables available to students throughout the school day. Schools receive funds to order fruits & vegetables for use outside of the cafeteria.

What is the purpose of the program?

The program encourages students to eat more fresh fruits and vegetables.



When and where can fresh fruits and vegetables be offered?

Schools may offer fresh fruits and vegetables in classrooms, hallways, or elsewhere at any time during the school day outside of regular meal service. They can also be used in classroom activities. If you have ideas on how you would like to see the program offered, share those ideas with your principal and/or the food service director.

What can YOU do?

You can help your child become healthier when you offer fruits and vegetables at home. Fruits and vegetables are a nutritious option for meals and snacks.

Parents and caregivers serve as role models for children. Enjoy fruits and vegetables with your child. Be willing to try new kinds of fruits and vegetables.

Have fun! Most of all help your child develop healthy eating habits!

Need ideas on serving more fruits and vegetables?

Visit the websites below:

www.fruitsandveggiesmorematters.org

www.fruitsandveggiesmatter.gov

www.msuextension.org/nep

Note: There are many sites with good information. Inclusion of these sites does not constitute endorsement. Additional information can be found by using search words such as "fresh fruits and vegetables."

